

Adoption Support Newsletter

San Diego Youth Services, Editors: Liz Phillips & Heidi Allingham

SDYS Adoption Support Program is Funded by the County of San Diego



A Season for Reflection

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November, the month of Thanksgiving in the U.S, comes just as we head out toward wintertime. In the life cycle autumn signals the approaching last act of flowers, green leaves, fruits and veggies in the gardens and fields all around us.. It can be a reminder of how we all sprout, grow, mature, and change throughout the days, months and years of our lives. November can offer us a special opportunity for introspection and reflection. It's a sort of a natural time to ask ourselves 1. What always makes me smile? 2. What gives meaning to my life? 3. What's dearest to my heart?

After some self-reflection I decided to do a little survey and posed these 3 questions to lots of different folks who very kindly responded by revealing their own thoughts and meditations. So, to kick off this celebratory month and with their consent here are just a few drops of their inner musings:

What always makes you smile?

1. Silly humor and a good word
2. Seeing other peoples' joy
3. If I can help someone who's having a bad day smile
4. Walking barefoot in the sand by the ocean on a balmy day
5. Watching my daughter's eyes light up when I tickle her
6. Petting my purring cat
7. My dogs and kids running to greet me when I get home after a long day
8. Snuggling with kids and puppies in the evening
9. Seeing people I love smile
10. Warm apple pie with vanilla ice cream
11. Hot chocolate or warm soup on a chilly day
12. Feeling loved and loving
13. Good times spent with old friends and family
14. A perfect cup of tea
15. The sounds and smells of the forest in the fall
16. Watching videos of laughing kids and grandkids
17. A good song and music that makes me want to dance



SUNDAY, NOVEMBER 6TH



November 24

Happy Thanksgiving



(con't on page 2)

Family News & Resources

What gives meaning to your life?

1. Having reasons to love
2. Being a mom to my kiddo and facing all of the obstacles in the process of life
3. When I can give back the kindness that was given to me
4. Being able to help others at home, within my circle of friends and in my community
5. Faith*
6. Spiritual connection
7. My family, fur babies, and genuine + enduring friendships
8. Being able to see my life and the lives of those I love with compassion, courage, gratitude, patience, and humor
9. Seeing the compassion of others
10. Believing in my own ability to grow, learn, heal and sharing that hope with those I care about
11. Good and productive work
12. Creativity
13. The persistent beauty of nature
14. The kindness and forgiving tendency of the human heart
15. Seeing my child relax into the love I want to share with him

* Folks listed the specific aspects and characteristics of their personal faiths and practices in response to this question



What's dearest to your heart?

1. My baby girl!
2. Memories of my kids when they were most excited, curious, uninhibited, and playful
3. The wilderness and far-flung natural wonders that are difficult to reach
4. My family
5. Those I love
6. Faith* See above
7. Relaxation
8. Freedom
9. My work
10. My desire and ability to forgive, heal, and to care about others' well-being
11. Creativity
12. True and heartfelt communication
13. Exploration/adventure
14. Inner peace/serenity
15. Doing the right thing no matter the circumstance



Thank you all for being willing share such personal and inspirational reflections. Wishing you and your dear ones a very happy and gentle month of November!

Always grateful for you,

Alene

Movie Nights



Combined In-Person Movie Night and Parent Support Group

All-Age movie nights

East County—November 4 from 6:30—9:00 pm
RSVP Ariana Maaia at amaaia@sdouthservices.org

North County—November 18 from 6:30—9:00pm
RSVP Lori Hannigan at lhannigan@sdouthservices.org

Movie: **Zombies 2**

Snacks only—no dinner provided

Masks Required

****Important ****
Meeting Face to Face in Adoptions

This is a reminder that we are a healthcare organization and are required to follow mask guidelines until further notice. All staff, volunteers, kids and parents are required to wear masks during all in person services. This includes therapy sessions, movie nights and support groups. Thank you for complying with these regulations.

Kudos & Announcements

- Kudos to Destiny W. for working so hard in math and becoming a multiplying master!
- Kudos to Stacey L. for being a focused and determined learner- your math skills are amazing!
- Kudos to Aine for being an incredibly kind, patient, and flexible parent. Your kiddos are so lucky to have you in their corner!

If you have any Kudos for your family, please send them to Heidi at:
hallingham@sdouthservices.org



Support Groups



Support Groups—Please RSVP to any group you plan on attending

Friday Support Group with Lori: Weekly

Virtual parent support group **every Friday** from 4-5 pm for a check in with Lori. It will be a time to share how things are going for you at home. This will be an ongoing weekly check-in meeting. You are eligible to receive one hour of training for foster care hours. Contact Lori at lhannigan@sdyouthservices.org to be included.

In-Person Parent Support Group: North County– Next meeting will be November 10th

Every 2nd Thursday from 10-11:30am at Emmanuel Faith Church in Escondido. We will check-in and have time to discuss the Seven Core Issues of Adoption. This group will be facilitated by Lori Hannigan. To RSVP or for more information contact Lori at 619-629-2870 or lhannigan@sdyouthservices.org. Masks are required

Therapeutic Art Group for Moms: All regions. Are you wanting to connect with other Moms in a fun, relaxing, creative way? The weekly virtual Therapeutic Art group for Moms is your opportunity. We have a verbal check in time, a brief guided relaxation exercise then time to make art with a given theme and finally an art sharing time. The entire process is to help you de-stress and connect with others. No art experience is necessary because the focus is on the process and not the product. We currently have openings in our Wednesday group which meets weekly over Zoom from 3:30-5pm. Please contact Lori Hannigan if interested or for more information at 619 -629-2870 or lhannigan@sdyouthservices.org.

Spanish Parents Support Group: All Regions—3rd Wednesday of each month, 11am-12pm

We will check-in and talk about positive parenting skills. Also, we will have a time to discuss any other needs you may have. This group will be facilitated by Andrea Peña and Ived Ayala. To RSVP or for more information contact Ived at iayala@sdyouthservices.org or (619)507-3376.

El Grupo de Apoyo para Padres en Español- cada tercer miercoles del mes, 11am-12pm

Hablaremos sobre las habilidades positivas para los padres. Además, tendremos tiempo para hablar sobre cualquier otra necesidad que pueda tener. Grupo facilitado por Andrea Peña y Ived Ayala. Para reservar su lugar o para mas información contacte a Ived Ayala por correo electrónico iayala@sdyouthservices.org o por teléfono (619) 507-3376.

Nurtured Heart Training

Two of our Family Advocates and Certified Nurtured Heart Approach (NHA) Trainers, Ariana Maaia and Lori Hannigan, are offering free NHA virtual parent training groups. If you are interested in attending sessions or receiving more information about NHA, please contact either of them at—amaaia@sdyouthservices.org or lhannigan@sdyouthservices.org



Family News & Resources

For more information and to RSVP:

Jo Menchaca

jmenchaca@sdyouthservices.org

619-577-3073



San Diego Youth Services'
VOCATIONAL FAIR!
Be the ~~Leader~~ Boss!

November 10, 2022 | 3:30-5:30pm
San Diego Youth Services, Room 13
3845 Spring Dr, Spring Valley, CA 91977

Youth, ages 16-21, are invited to learn about local vocational schools and opportunities including:

Web Development, Cosmetology, Peace Officer and more!

Includes FREE THANKSGIVING DINNER and "Opportunity Drawing".

Independent Living Skills is funded by the County of San Diego and made available by SBCS and its partners.

For More information and to RSVP:

Jo Menchaca

(619) 577-3073

jmenchaca@sdyouthservices.org



Family News & Resources



Honoring the Men & Women of our Military

Experience one of San Diego's largest Military events featuring Military Displays, High Tech equipment in the Innovation Zone, Active Navy & Coast Guard Ship Tours, Live Music, Food, and Fun for the whole family!

November 4-13—Art Exhibit: Arts District Liberty Station

November 4-6—Military Ship Tours: Port of San Diego/Broadway Pier

November 4-5—Fleet Week Innovation Zone/Student STEM Days: Port Pavilion Building

November 11—Veterans Day Boat Parade: Starts at Shelter Island, 12pm

Events are Free. Check website for times of each event.

<https://fleetweeksandiego.org/innovation-zone-2022/>

November 11th



Adoptions Staff Contact Info

Adoption Staff Contact List

<u>Program Manager:</u>	Liz Phillips	(619) 629-2876
<u>Program Coordinator</u>	Ilene Tibbitts	(619) 629-2928
<u>Administrative Assistant:</u>	Heidi Allingham	hallingham@sdyouthservices.org
<u>Clinicians:</u>	Katiana Quintero	(619) 629-2864
	Andrea Peña	(619) 629-2886
	Sena Inukai	(619) 629-2885
<u>Family Advocates:</u>	Ariana Maaia	(619) 629-2888
	Lori Hannigan	(619) 629-2870
	Ived Ayala	(619) 507-3376
	Vanessa Wasbin	(619) 346-1487

Adoptions Program Information

- For General Information About Our Program— Liz Phillips at (619) 629-2876 or email her at lizphillips@sdyouthservices.org
- For Program Support—Ilene Tibbitts at (619) 629-2928 or email her at tibbitts@sdyouthservices.org
- Support Group/Movie Night—See FAC listed for each area under Support Group/Movie Nights calendar
- Mentor/tutoring—Lori Hannigan at (619) 629-2870 or email her at lhannigan@sdyouthservices.org
- Special Events, Workshops, Respite Reimbursement & Newsletter—Heidi Allingham at hallingham@sdyouthservices.org
- Mailing Address—
7364 El Cajon Blvd. Suite 204
San Diego, CA 92115

En Español

Hay servicios limitados en español. Por favor Contacten a Ived Ayala (619) 507-3376, iayala@sdyouthservices.org